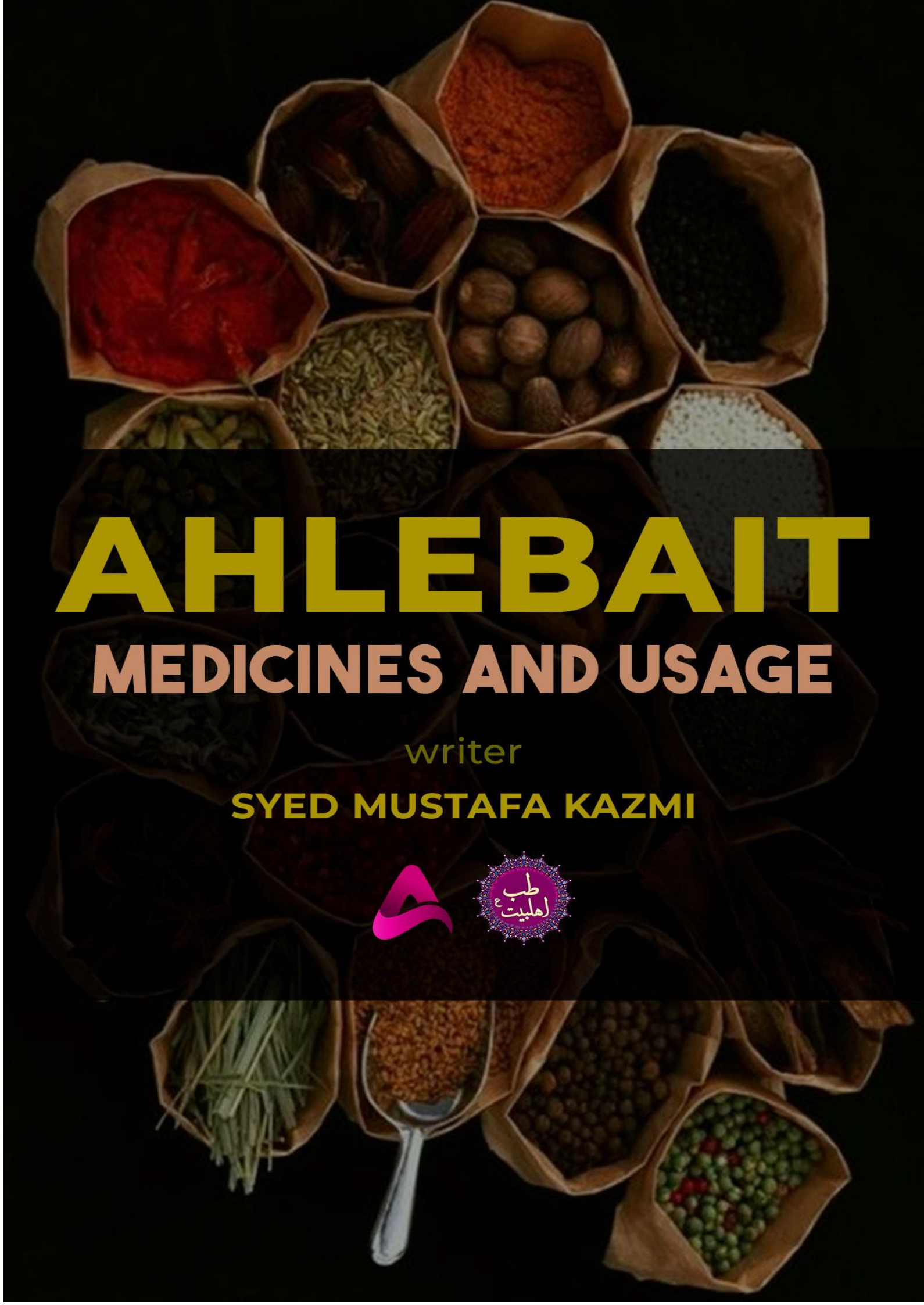
AHLEBAIT
MEDICINES AND USAGE
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Medicines Names 1

Marakkab 1 - Ibn Bustam

Marakkab 2 – Zanjafilaat – Gingerbread
Marakkab 3 – Asaarun
Marakkab 4 - Hub Al Balsaam
Marakkab 5 – Jamia Imam Ridha (as)
Marakkab 6 – Maql Arzaq
Marakkab 7 – Shafia
Marakkab 8- Hazrath Muhammed (as)
Marakkab 9 – Rubb e Bisbaasa
Marakkab 10 – Syed Al Adria
Qarfa – Marakkab 1 – Mafaasil
Trifal
Dawa Imam Sadiq (as) - Balghamzada
Aftimoon - Saudabar
Ahleelaj (haleela) - Safrabar
Zanbaq (jasmine/chameli)
Rih
Dawa Imam Musa Kazim (as)- autumn/winter
Dawa Imam Musa Kazim (as)- spring/summer

BODY PART SPECIFIC MEDICINES

Tabeegh
Pepper
Hindba
Adas al mulk
Jaggery (fajl/gudh)
Munaqha (zabeeb/dried grapes with seeds)
Safarjal
Amlaj
Lubaan (storax)
Ibn Masood
Shitraj
Sanaam
Ghabera
Bisfaaij
Hazoom
Zaheer
Aghetarki (agar ki lakdi)
Karraat – Khoon saaz
Shabas
Rummaan
Tabeeb Al Atbaa
Biladaur (bhilaanwa chironji)
Ward
Sufoof Saraab (powder of saraab)
Lubni Asl (Storax)
Silikha
Safa
Kasham
Yaqteen
Harmal
Aloe vera
Fara Al
Sakbeenj

Ushaq
Henna
Sosun zard
Waj
S'ad ka sufoof
Mashkak
Satar
Khas
Tuffa (apple/saib)
Karnab
Baqlatul Fatima (baaqila)

COSMETICS and BODY CARE

Iraaq – sufoof for teeth
Gul e Khatmi- natural shampoo
Sufoof Saraab
Wasma
Khizaab Henna
Noora
Gulab (rose)
Attar
Comb- Shana Aaj
Mord
Stoneware for cooking
Cotton

SURME

Surma Kafoori
Surma Asmad
Surma Nishadri
Surma Imam Kazim (as) Surma Asqutri
Surma Aqleema
Surma Tootia – Surma Imam Hasan Askari (as)
Surma Anaab
Surma ki Silaai (surma applicator)

MEDICINES DELIVERED VIA NOSE

Roghan Banafsha
Roghan Banafsha
Roghan Bisbasa
Roghan Fijan / Sarab
Roghan Hanzal
Hanzal Vinegar
Khal Saraab
Roghan Marzanjosh
Saut Anbar
Roghan Zanbaq
Roghan Khardil
Saut Kanrash

MEDICINES FOR FEMALE AND MALE PROBLEMS

Anison
Kholanjaan
Mewa Saru
Askhar
Halba
Qurraas
Hufariqun
Sunbul Alteeb
Irsa
Lauz
Abhal
Sumaaq Rumi
Zarjeer
Teen Feel
Cowar
Kasni
Karawiya
Jazar
Asfarza

CYSTS – Tabaseer Hindi

Throat cyst
Brain cyst
Thyroid cyst
Larynx cyst
Mouth and gums cyst
Breast cyst
Lungs cyst
Armpit cyst
Spleen cyst
Urinary bladder cyst
Kidney cyst
Cyst between liver and kidney
Liver cyst
Gall bladder cyst
Intestinal cyst
Uterine cyst
Ovarian cyst
Joint cyst
Body with many cysts
Cysts outside the body

SAWIQ

Sawiq Jau
Sawiq Wheat
Sawiq Rice
Sawiq Adas
Sawiq Sanjad
Sawiq Apple
Sawiq Chana (Naqud)
Sawiq Kaamil
Sawiq for Children
Sawiq Shasta
Sawiq Jawshta

MEDICINES AND HOW TO USE THEM

Dastoor Teen
Dastoor Jawz
Dastoor Royal Jelly
Senna Makki and Rose
Dastoor Khurasht Zair Baja
Dastoor Azfar
Dastoor Sakeen
Dastoor Waram
Nusqa for Sexual Energy
Nuska to reduce excessive hair
Dastoor for water of nisaan
Dastoor for neck arthritis
Dastoor bars (vitiligo)
Dastoor for heart strength
Dastoor for shuwaid asl
Dastoor dawaseen
Dastoor chale asphand
Dastoor for tongue-tiedness
Dastoor siksika (hiccup control)
Dastoor mirgi (epilepsy)
Dastoor azam al baali
Dastoor aab haft josh
Dastoor ghatan al bowl
Dastoor aswab al abl
Dastoor aswabal
Dastoor harzahmara
Dastoor Baqoor Maryam
How to write and eat Dua
Durman taskeen dard
Treatment of headache

DIFFERENT TYPES OF TEAS

Tea Baadranj Bui
Saffron Tea
Tea Darchin
Tea Zanjafeel
Tea Aaweeshan
Tea Marzanjosh
Tea Gazna
Tea Nana
Tea Chaltook
Tea Unaab
Tea Marza
Tea Raziyana
Tea Pona
Tea Black Zeera
Tea Ba-Safarjal
Tea Zanyaan
Tea Baboona

Tibb Ahle Bait

Marakkab 1 - Ibn Bustam

BENEFITS:
Liver problems
Sauda
Safra
Balgham
Stomach ache
Nausea
Vomiting
Fever
Bursaam – burning in diaphragm and sozish
Cracking of hands and feet
Prostate ailments
Gall stones
Bloody diarrhea / mucus in stools Back pain
Head heat
Jaundice leading to itching – high bilirubin resulting from liver heat.

HOW TO USE:
Every morning at time of breakfast, 2 mithqal- 6g- 1 teaspoon
The day this medicine is used, do not eat the following things- dates, fish, vinegar, vegetables.
Eat only breakfast and dinner Khursht zair baja- the whole day, only water and fruits- mewa jaat ke tabiya kamsoat(kanceru) par iktefa kiya jaa e

Marakkab 2 – Zanjafilaat

BENEFITS:
Heat of the heart
difficulty in breathing
all problems of the stomach
strengthens the stomach
pain of the sides
yellowness of the face
improves complexion

HOW TO USE:
Use the size of a jaifal- after lunch and dinner, 1 teaspoon

Marakkab 3 – Asaarun

BENEFITS:
Ba azan alhi
Back ke waram- swelling
Stomach ailments
Balgham – stops it
Stones in urinary bladder
Unwanted growth of urinary bladder
Pain of the sides

HOW TO USE:
Use the size of a chana everyday at a fixed time.

Marakkab 4 - Hub Al Balsaan

BENEFITS:
Keeps kidneys warm
Increases sexual energy
Removes coldness of joints
Pain of the sides
Back pain
Gas of the back
Weakness of the brain
Fever and chills
Difficulty passing urine
Prostate
Increasing heart rate
Regulates heart rhythm
Increases appetite
Difficulty in breathing
Indigestion
Jaundice
Increased thirst
Relieves chest pain
Diabetes
Eye pain
Damage to eyes
Headache
Yellowness of eyes and face- ko bartaraf karti hai.

HOW TO USE:
Use at the time of breakfast and before sleeping- 2 mithqal- 6 g- 1 tsp with any liquid-water, milk etc.

Marakkab 5 – Jamia Imam Ridha (as)

Warm water- **Tuberculosis**
At bedtime, take one daana with hot water

Hiltit water (hing) – **snake and scorpion poison**.
Stops coldness of body
Put hing in boiling water and add one daana of jamia to it and take

Saunf water (fennel seed) – **new and old cough**
Put one daana in joshanda (of 2 tsp saunf in 2 glass water till it becomes one)

Saffron water – **diaghragm burning and inflammation**
Cholesterol treatment
Put one daana in water of saffron and rub on chest

Marjoram water – **paralysis, Bell's palsy- all varieties**
Put one daana in joshanda (4 tsp marjoram in 1 glass water- heat till water evaporates- use squeezed water)- to put one drop in both nostrils

Black Zeera water – **stomach ache, heart beat, Rt sided flank pain**.
Put one daana in joshanda (2 tsp zeera in 2 glasses of water – heat till 1 glass remains)

Vinegar with Cold water – **Spleen ailments**
Put one daana in cold water and one gulp of vinegar

Celery water – **Lt sided flank pain- Colon pain**
Put one daana in celery water (leave the leaves- take the extract of the stems)

Myrtle water- **loose motions**
Put one daane in myrtle extract – (2 tsp myrtle in 2 glasses of water – heat till it becomes one)

Garden Rue (Berge Sudaab) / Radish (mooli) – **Kidney stones**
Put one daana in (2 tsp of sudaab in 2 glasses of water – heat till it becomes one glass / 1 mooli extract)

Honey – **wounds**
Put one daana in 1 spoon of honey and apply to wound

Honey water – **fever, infections**
Put one daana in one glass water with 1 tablespoon honey.

Marzanjosh water – **Thyroid disorders**
Put one daana in extract of marzanjosh and put one drop in both nostrils and also to eat it (2 tsp marzanjosh in 1 glass water – heat till water evaporates- then extract the remaining juice

Grape juice – **Depression. Anxiety**
Put one daana with grape juice

Senna makki – **gall stones**
Put one daana in 50g of senna makki water.
And if stone is hard and hot then use with *saqmonia (scammony)*

Pomegranate juice – **tongue-tiedness and stammering**
Put one daana in one glass of pomegranate juice.

Kasni water – **bladder infection**
Put one daana in joshanda of kasni

Onion water – **strength of the shins, bad infection**
Put one daana in grated onion extracted water

Chana water – **back pain, healthy sperm**
Put one daana in chana water (put 2 handfuls of chana in 5 glasses of water and boil till it becomes one glass)

Fig water – **Gout, hair strength, foul breath, phlebitis**
Put one daana in fig water (one handful of dry figs in hot water for 5 hours)

Baqila water - **Osteoporosis**
Put one daana in baqli water (2 handfuls of baqila in 5 glasses of water- heat till it becomes one glass)

Kaddu water – **Beautiful complexion, good mood/manners, ADHD, low intellect.**
Put one daana in bottle goud (kaddu) water

Watercress seed water (Tuqm Shahi) – strengthens ovaries
Put one daana in tuqm shahi extract

Honey and Salt Water – **Large and small intestines ailments, bleeding in intestines, colitis**
Put one daana in honey and salt water and do anal injection

Honey and Salt Water – **Female genital infections**
Put one daana in honey and salt water and inject it vaginally.

Khabooza (melon) water – **sperm improvement, urinary bladder stones, cleaning urinary bladder**
Put one daana in melon juice, extracted from crushing it.

Jau (Barley) Water – **to control diabetes** Put one daana in cooked jau water (one handful of jau in 2 glasses of water- heat till it becomes 1 glass)

Marakkab 6 – Maql Arzaq

This medicine is beneficial for blood, heart, vessels especially arteries. Anemia, thalassemia, hemophilia, heart valves, patent cardiac foramina “holes in heart”, headache, vertigo, nausea, shin pain, insomnia.

IN SUMMER: Use 3 pills morning, 3 at Dohr, 3 at night.

IN WINTER: Use 6 pills morning, 6 at Dohr, 6 at night

Precautions: do not consume vinegar, fish and vegetables

Marakkab 7 – Shafia

40 DAYS
new and old paralysis,
New and old Bell's palsy
Appendicitis
New and old cough
Gout
Neck pain
Eye pain
Eye-lash growing inside the eye- entrophy
Neck pain because of phlegmatic condition
Weak stomach
Panic in pregnant women in her
sleep Febrile convulsions Epilepsy

Thinness of body
Weight loss due to hepatitis
Leprosy
Safra
Balgham
All poisons
Snake and scorpion bite

To take one size of a chana

1 MONTH
All ailments due to balgham

At breakfast, use amount the size of ½ a walnut

2 MONTH Fever
with chills Great
digestion All
ailments of eyes

At bedtime, use amount the size of ½ a walnut

3 MONTH
Ailments from *Jali* balgham and Safra

At breakfast, use amount the size of ½ a walnut

4 MONTH Blurriness of vision
Shortness of breath on
walking

At bedtime, use amount the size of ½ a walnut

5 MONTH
Migraine

Use amount the size of ½ a grain of dal mixed in oil- 2-3 drops of Roghan banafsha or *tulu ka tel* or yasmine oil
Put in nostrils

6 MONTH
Unilateral headache (half head)

Use amount the size of masoor ki dal (adas)- in 3 drops of banafsha-
Put in nostril the side of the headache.

7 MONTH
Burning in ear and sozish

Use amount the size of masoor ki dal (adas)- in 3 drops of red rose water
Put in affected ear then sleep in the first part of the day.

8 MONTHS
Safra
Aisi beemariyan jo Qur e jazaam ka sabab hai

After sunrise, at breakfast time, take some medicine with water and use some medicine with available oil (to apply to body).

9 MONTHS
Hum parasthi
Ill feelings – *bad hawaasi*
Yaksoi ka naa hona
Sleepiness
Sleep talking
Talking irrelevance
Dar aur barakne

Use amount the size of masoor ki dal (adas)- in mooli seed oil

10 MONTHS
Sauda Safra
Tension, stress

Jism kin a ghahaani
tapash Hot flushes
Aql ka halka pan
For breakfast- Use amount the size of masoor ki dal (adas)- with hen's egg white
At night, before bed, use same amount without egg white

11 MONTHS
For the sauda that makes a person fearful and causes auditory hallucination (waswaas).

For breakfast - one teaspoon of shafia with rose oil.
At bedtime – one teaspoon of shafia only (with no rose oil).

12 MONTHS
For new and old paralysis. (coma (sakta maghzi) when the brain stops working).

At bedtime – use medicine size of a chana with marjoram (marzanjosh) extract. Then massage the feet/legs with olive oil mixed with river salt.
Use the medicine for a few nights.

Avoid vinegar, milk, vegetables and fish.

13 MONTHS
For appendicitis, laughing without a reason, playing with one's beard.

Use medicine the size of a chana mixed in one glass of sadaab extract. Use in the first part of the night.

14 MONTHS
For all poisonings, even if a person has been purposefully poisoned.

Crush one tablespoon of baigan seeds and add them to 2 glasses of water and boil the mixture. At the time of dawn, consume it hot with medicine the size of a chana.

15 MONTHS
For sehr (effect of magic), balgham, cold (sardi lagna) and rooh (jinn, bacteria, viruses

*It is compulsory to have dinner before taking this medicine.
Take ½ tsp medicine with a few dates, add some water and boil. Drink at bedtime.

16 MONTHS
For old and new blindness.

Add ½ adas (masoor ki dal) sized medicine rain water (of the same day or one day before) or ice or hail (pellets of frozen rain). Make this into a paste and apply it as a surma for 4 days, - 3 times a day and can continue till the 8th day if needed.

17 MONTHS
For Jazaam

Boil cow hooves and extract the oil which comes out. Mix one fandaq of medicine in this oil and use at breakfast and before bedtime.

In olive oil or rose oil, mix 2 barley seeds size of medicine and massage the mixture to the whole body.
Also put a drop into each nostril.

18 MONTHS
For black and white spots on the skin which bleed when scratched with a blade.

Mix one chana sized medicine in roghan fandaq or roghan bitter almond or roghan sanobar and have it.
Mix one wheat grain sized medicine in any of the above oils and put a drop of it in each nostril.
Mix a little of the medicine in any of the oils and massage it on the body.

19 MONTHS
Saho, nisyaan, hubli hui balgham, new and old fever

Sweet pomegranate juice ko kortuma k eek daane ke saath us dawa ki kuch miqdad nashte ke time pe garam paani ke saath istemaal karo.

20 MONTHS
Keeri, barsaam, pleurisy, zaat al najab, protruding tongue .

Keeri – aab Kundur mix- extract . dal size. Mix. Put few drops in ears
If keeri bartaraf na ho to so same method put in nostrils and rest on the head.

Barsaam
Add medicine to unripened sour grape juice and use.

Marakkab 8- Hazrath Muhammed (as)

Treatment for all ailments

Marakkab 9 – Rubb e Bisbaasa

Coccygeal pain Treatment
for all ailments-

Marakkab 10 – Syed Al Advia

Skin ailments-
Eg tinea versicolor- hyper/hypo-pigmented spots on body
Vitiligo
Leprosy
Paralysis

Qarfa – Marakkab 1 – Mafaasil

Warms the stomach
Improves digestion
Relieves joint pains
Reduces joint swelling
Treatment for someone who feels very cold
Treatment for gout- big toe pain

Trifal

Treatment for increased water in the body- indications:
increased saliva (plus drooling in sleep), more saliva during speech increased sweating
Such patients are prone to blindness, paralysis, Bell's palsy, multiple sclerosis, melancholia.

The real culprit of these conditions is bacteria

Rheumatism
Stops runny nose
Stops excessive sleep
Stops excessive urination

Dawa Imam Sadiq (as) – (Balghamzada)

Balgham and all ailments resulting from it:
Weak memory
Weak eyesight
Weakness in hearing
Lack of confidence
Impatience
Hairloss
Cold extremities
Heaviness of tongue
Throat congestion
All ailments of old age- 40-60 yrs

It improves the complexion and beautifies

Imam said that this medicine is for all balgham problems

METHOD OF USE: Use one fandaq before sleep

Aftimoon-Saudabar

Treatment for SAUDA

This medicine treats an increase in sauda and diseases associated with sauda:

Afsardigi, fear, over-thinking, psychiatric illnesses.

Medicine for dryness because of saudawi temperament, darkness of complexion and urine, excessive hair growth on body, small white spots all over body

METHOD OF USE: One fandaq at breakfast. If using for more than a week, use 2 fandaq.

Ahleelaj-Safrabar (haleelaj)

Safra and diseases associated with it like heat of the blood, internal fever, excessive anger, feeling tired, hairfall, green/yellow vomiting, diarrhea, sunstroke, some diseases of the liver, yellowness of face and eyes.

METHOD OF USE: Use after dinner, one fandaq.

Zanbaq (jasmine/chameli)- medicine that cleans the blood

The medicine treats the thickness of the blood and the diseases which result from the blood like numbness of the hands and feet, pain of the hands, feet, shoulders and muscles.

Rih

For shifting pain in bones, joints and various parts of the body. It is the treatment for "wind (dam) in all parts of the body.

METHOD OF USE: Every night, before sleeping, take 2 fandaq (2 teaspoons).

Daarwi Imam Musa Kazim (as)- autumn/winter

This is a medicine for 3 nights only. At night, one teaspoon of medicine is to be taken on Day 1, Day 10, Day 20 only.

Daarwi Imam Musa Kazim (as)- spring/summer

(powdered aniseed - saunf ka sufoof)

Medicine for summer/spring
For ailments arising from the onset of spring and summer, like cold (runny nose), influenza (viral fevers) sore throat, hoarseness of voice, fever. This medicine is excellent to develop immunity. This is Islamic Medicine's Vaccine!

BODY PART SPECIFIC MEDICINE

Tabeegh – High Blood Pressure

This is a medicine for **high blood pressure**, **increased viscosity of blood** and **blood purification**. **Vertigo due to high blood pressure, backache, blackouts**

METHOD OF USE:
Before dinner, one teaspoon

Pepper

This is the medicine which **improves circulation by opening up vessels**.
This is especially so for **coronary vessels and optic vessels**.
It also gets rid of **intoxication**

METHOD OF USE:
At breakfast and before bedtime, use ½ teaspoon for 40-60 days.
At night, this practice can cause headache and hot flashes.

If blood pressure is high, use vinegar or lemon water
If there is a stomach problem, then use the medicine AFTER having breakfast and dinner (on a full stomach)

Hindba

Blood clot
Blood clot(s) found in tissues and pain arising from these, like low back pain. Removes **swelling** arising in any part of the body without any reason. Removes **black discoloration** resulting from wound.

Note: Swelling in any part of the body, without any reason, is due to blood clot.

METHOD OF USE: one teaspoon before sleep

Adas al mulk

High Sugar
This medicine reduces high blood sugar in both Type 1 & 2 diabetes, bringing it down to normal.

METHOD OF USE:

1. When high sugar is detected for the first time and FBS is less than 120 - in one meal eg afternoon, take one teaspoon medicine and along with dietary control, patient should take Sawiq Jau (Jau Sattu) in one meal.
2. When FBS is more than 120 – for one month, after every breakfast, have one teaspoon of the medicine. Slowly wean off the allopathic medicines. Have Sawiq Jau (Jau Sattu) in two meals a day.
3. When patient is on insulin, with high blood sugars – after breakfast, one teaspoon of medicine and Sawiq Jau in all three meals a day.

Jaggery (fajl/gudh)

Treatment of diabetes

METHOD OF USE: Use one teaspoon before breakfast and dinner, after first bite of meal.

Zabeeb (munaqa/dried grapes with seeds)

Nervine tonic
Makes nerves strong, reduces tiredness, makes skin clean and glow, elevates low mood, multiple sclerosis, epilepsy, cerebral palsy, psychiatric problems, depression, muscular weakness, tremors, Parkinson's disease

METHOD OF USE:
One teaspoon at breakfast

Safarjal

For cardiac strength
It removes weakness of the heart- for patients who have a slow heart rate and weak pulse.

METHOD OF USE: one teaspoon at breakfast and before going to bed.

Amlaj

This medicine makes humans happy- it is a mood elevator. It removes sadness.
Relieves pain in the shins.

Excessive use of this medicine can lead to intoxication (nasha)

METHOD OF USE: At the time of sadness and stress – use one teaspoon

Note- Use this medicine once in 4 days only

Lubaan

Medicine to increase intelligence and wakeful presence.
This medicine increases libido, intelligence and *zakaawat.*
Those individuals who have to give an exam or have to use their intelligence for any activity/period of time and those who have low sexual performance- these people will benefit much from this medicine.

METHOD OF USE: Before the onset of sexual activity or activity which involves intelligent thinking, or 2 hours before taking an exam – take 2 teaspoons of medicine.

Ibn Masood

Haafiza ki dawa
This medicine strengthens the haafiza and is the treatment for backache, urination drop by drop, premature ejaculation, lumbar disc etc. It finishes balgham. It is the treatment for intoxication. It opens up blood vessels.

METHOD OF USE: For 20 days, use this medicine, one teaspoon at breakfast time and bedtime.

Shaitraj

Medicine for joint pains.
This medicine is for joints which gets filled with excessive fluids. It is also the medicine for gout.

METHOD OF USE: Take ½ teaspoon of medicine at breakfast and ½ teaspoon at bedtime. If there is some problem with the stomach, it can be taken before the two meals.

Sanaam

This is an ointment to apply on the joints.
This the treatment for pain in the joints.

METHOD OF USE: At night, massage the joints which have pain with this ointment and then tie this joint with some cloth. In the morning, use lukewarm water to wash this area.

Ghabera

Medicine to repair bones and its revitalizer.This medicine is for repair of bones and joints

METHOD OF USE: Every night, use one teaspoon at bedtime.

Bisfaaij

Medicine to make soft and smooth.
Stops dryness (Yaboosat) resulting in softness and dryness.

METHOD OF USE: Use one teaspoon at bedtime

Note: Do not use during pregnancy.

Hazoom

Medicine for digestion

This medicine helps in digestion. Kisi khaane ki sanghini ko dafa' karti hai. It increases appetite. It protects the inner lining of the stomach from harm.

METHOD OF USE: Use this medicine before a meal, with a small quantity of salt and after a meal use one teaspoon without any salt.
To increase appetite, use one teaspoon, ½ hour before a meal.

Zaheer

Intestinal bleeding
Intestinal bleeding (ishaal khooni), lesions of the small and large intestine.
It heals ulcers of the stomach, duodenum and small intestines.

METHOD OF USE: Warm the dose on a small fire and eat one teaspoon everyday.

Aghetarki (agar ki lakdi)

Medicine for the spleen
For all the ailments of the spleen

METHOD OF USE: Use 2 teaspoons at bedtime

Karraat – Khoon saaz

For those who are anemic.
Use this medicine with Maql Arzaq (khoon ki goliyon)

METHOD OF USE: Use 2 teaspoon at bedtime

Shabas

This medicine is for dyslipidemia
For fat in blood and glands

METHOD OF USE: Use one teaspoon at bedtime

Rummaan

For stammering
This medicine is used to treat stammering

METHOD OF USE: Add 1 teaspoon of medicine in ½ cup of vinegar and gargle with it a total of 3 times, daily once.

Tabeeb Al Atbaa

Anal fissures
For internal haemorrhoids with bleeding

METHOD OF USE: Use the medicine – Biladaur, first
After getting well, rub this medicine (Tabeeb al Atbaa')at the site of the haemorrhoids for one minute.

Biladaur (bhilaanwa chironji)

This is the medicine for hemorrhoids- external hemorrhoids (bawaseer nar- bairuni bawaseer).

Put biladaur on fire and heat to such an extent that smoke comes out of it, then put a garden pot (guldaan) upside-down on top of this and sit on the hole of the garden pot- for one week, using 3 bits every time. After this, massage Tabeeb Al Atbaa' to the anal area.

Divide Biladaur into 3 parts. Burn one part and koza ki shakal ke guldaan ya kuch bricks ko ek saath qaraar de kar is tarha is par baithe ke --- smoke ki taraf ho. Is amal ko teen baar takraar karein (har baar biladaur ka ek hissa is ke andar daalein) take daane jal kar juda ho jaaein aur bawaseer nar bawaseer maada mein tabdeel ho jaae. Phir is ke baad zaqmi jagah ko, shaqaaq (anal fissures) or s'ad maq'ad ke saat chand minute tak massage ke baad dhoodein.

Ward

Body odour
This is the treatment of body odour and it prevents excessive sweating
In the bathroom, rub on the body for 15 minutes and then wash off.

Sufoof Saraab (powder of saraab)

Vertigo
This is the treatment for vertigo/dizziness

METHOD OF USE: One teaspoon at bedtime.

Lubni Asl

This is the treatment of low back pain and general back pain.

METHOD OF USE: One teaspoon at breakfast and one teaspoon at bedtime.

Silikha

Aql – Intelligence
For strengthening the mental ability and for baish fa'ali – ADHD

METHOD OF USE: 1-2 teaspoon at bedtime

Safa

Cancer
For the treatment of different types of Sartaan/Cancer

METHOD OF USE: One teaspoon at breakfast and one teaspoon at bedtime.
Use with Royal Jelly (Dastoor of Royal Jelly)

Kaasim

This medicine cleans the lungs. Gets rid of cough, asthma and difficulty in breathing.
Apart from this, gets rid of zaa'id mawaad.

METHOD OF USE: One teaspoon at bedtime

Yaqteen

Prostate
All problems related to prostate.
METHOD OF USE: Use 2 teaspoons at night

Harmal

Drop by drop micturition
This medicine is used for drop by drop urination (micturition) salsal bowl, increased frequency of micturition, nocturnal enuresis.

METHOD OF USE: One teaspoon at breakfast.

Aloe vera

Sciatica
This medicine is for sciatica, pedal edema, filariasis, viral fever and ovarian cyst. Nuqrs
*Ye dawa nuqrs, virus mein mubtela hone, pedal edema, daai alfeel (fever disease) and beza ki gulti ka ilaaj hai.
According to need, mix it with homemade vinegar and apply it to the affected area.

Fara' Al Samaa

This medicine stops intoxication
Ye dawa jazaam, dar, aur manshayaat ki bajaae istemaal hone waale baghair nasha ke dawa hai

METHOD OF USE: Use 1 teapsoon when you need the need for the intoxicant.

Sakbeenj

Anus/Rectum looseness/inability to contract well/lack of tone (Maq'ad ka sust hona), gas of the back, slowness of the stomach (delayed gastric emptying).

METHOD OF USE: Use one teaspoon every night.

Hiltit (hing)

Seizures (Tashanj)
Seizures (Tashanj) and those disease that arise from the presence of seizures (tashanj).

METHOD OF USE: Use one teaspoon after sunset, on the 1st, 15th, and 29th/30th of the lunar month

Ushaq

Varicocele
Those ailments relating to varicocele

METHOD OF USE: For one to two weeks, everyday, according to need, apply on affected area for 3 hours – after mixing medicine with homemade vinegar.

Henna

Skin disorders
This is the medicine for many skin disorders like eczema, phlbry, hyper-pigmented spots, shingles (herpes zoster), different types of rashes, rash on hands and feet.

METHOD OF USE: NOT THERE.

Sosun zard (yellow chameli)

Hernia
This medicine is for pain in hernia and the pain of behboodi.
(hernia ki asli 'alt bhare hue mede ke saath nazdeeki karna hai)

METHOD OF USE: Use one teaspoon at bedtime.

Waj

Hernia
For the pain and betterment of hernia

METHOD OF USE: Every night, according to need, mix this medicine with honey and vinegar and apply to the spot of pain and leave it till morning (without washing).

S'ad coffee (S'ad ka sufoof)

Stops anal fissures (shaqaaq), haemorrhoids and cleans *maqraj*

METHOD OF USE:
When patient is well, apply this for one minute on the spot and then, wash with cold water

Mashkak

Powder for the gums
This powder strengthen the gums and is used to treat all diseases of the gums. It cleans the teeth and removes bad breath.

METHOD OF USE: Until the gums become healthy, once everyday, massage the gums with this powder but it is better to apply this powder with miswak.

S'atar

For fragrant breath (treatment for bad breath)
This medicine removes wind from the heart, opens up vessels, removes balgham, increases urinary output, removes bad breath, gives strength to eyes and in males, it strengthens the male organ.

METHOD OF USE: Use one teaspoon morning and night

Khas

Stops pain/cramps in legs and dryness of nose.
It is used to treat reduced sleep and insomnia also.

METHOD OF USE: Use two teaspoons at night, after dinner.

Tuffa (apple/saib)

Stops fever
It stops the intensity of fever
METHOD OF USE: use one teaspoon during fever.

Karnab

This medicine is used to improve voice. This medicine makes the voice clear and strong.

METHOD OF USE: Use one teaspoon before food, every morning and evening.

Baqlatul Fatima (baaqila)

This medicine reduces the appetite
This medicine reduces the appetite, cures the ailments of the stomach and intestines and reduces the size of the stomach.

METHOD OF USE: Use one teaspoon, ½ hour before meals. If need arises, can use more than one teaspoon.

COSMETICS AND BODY CARE

Araaq – Powder (sufoof) for teeth

It cleans the teeth and makes them white.

METHOD OF USE: apply this powder to the teeth using the little finger of the right hand weekly twice.

Gul e Khitmi- natural shampoo

This is a natural shampoo that cleans the roots of the hair and makes them strong. Reduces itching of the scalp and reduces hairfall and scalp acne. It reduces anxiety and stress.

Sadaab

Treatment for headache, anxiety/stress.

METHOD OF USE: Wash head with Gul e Khitmi shampoo and the powder of sadaab.

Wasma

This increases sexual energy.

METHOD OF USE: Make a paste with warm water and apply it with henna.

Khizaab Henna

This is good for the following:
Irregular periods in females
Cracking and dryness of the hand and feet
Wind in the ear
Dryness of the nose
Weakness of the eyes
Body odor
Stress / anxiety
Gum health and freshness of breath
METHOD OF USE: Mix with warm water and apply to head.
For females, excluding the face, they can apply to the entire body.
For males, excluding face, hands and feet, they can apply to entire body.

Noora

Beneficial for the following:
For retention of pregnancy (hamal ka teherna)
Body strength
Liver health
Stops anxiety/worry
Increases body weight

METHOD OF USE: Mix in lukewarm water and apply to entire body, neck downward. When the body hair become weak/wilted, then wash off.

Gulab (rose)

Finishes worry and sadness. Freshens and beautifies the skin.
Treatment for vitiligo and flank pain.

METHOD OF USE: Put on the palms and massage onto the face and put on the head (scalp)

Attar

This is the sunnah of the Prophets. It increase the intelligence, heart and sexual energy. It finishes worry and sadness.

METHOD OF USE: Apply to the body and also smell it.

Comb- Shana Aaj

This comb is made of elephant tusks. It finishes worries and sadness. It stops anxiety and fever. Alleviates pain.

Maurid

Strengthens hair and is the treatment for baldness.
To be kept in the fridge.

METHOD OF USE: Wet the hair and apply this mixture and leave for 20 minutes then wash off.
Use the medicine from the container – twice for long hair and 4 times for short hair.

Stoneware for cooking

This is a source of barakah for the food. It maintains the nutritive value of the cooked food. This is superior to other cooking utensil materials.

Cotton

This causes a person to increase weight. It prevents, reduces and treats skin problems. All underclothes of men and women should be made of cotton.

SURME

Surma Kafoori

For weakness of the eyes, keratoconus (kauz kareena) and other ailments of the eyes. It can even improve the eyesight to the extent to stop use of spectacles.

METHOD OF USE: For 10 nights, at one time, apply the surma, starting with the right eye for 3 or 5 or 7 times (stopping at the right eye). Everytime, dip the applicator in the surma.

Surma Asmad

This is a stone from Makkah. It is the treatment for ailments of the eye. It strengthens the eyes, stops the watering of the eyes and makes the eyes beautiful.

METHOD OF USE: For 10 nights, at one time, apply the surma, starting with the right eye for 3 or 5 or 7 times (stopping at the right eye). Every time, dip the applicator in the surma.
Note- You can clean the eyes with olive oil.

Surma Nishadri

Good for minor trauma to the eye, cataract, strabismus, night loss of vision and glaucoma. It is also good for toothache and foot pain.

METHOD OF USE: To put surma in right eye for 3 times and in the left eye for 3 times. Leave it for 2 hours. Then clean the eyes with cold water. After this, apply Surma Asmad as the above given method. This all should be done twice a week.

Surma Asqutri - Surma Imam Kazim (as)

Good for conjunctivitis (bayaaz ul ain), headache, body pain and eye pain.

METHOD OF USE: For 10 nights, at one time, apply the surma, starting with the right eye for 3 or 5 or 7 times (stopping at the right eye). Everytime, dip the applicator in the surma.
Note- You can clean the eyes with olive oil.

Surma Aqleema - Surma Imam Baqir (as)

G ood for conjunctivitis (bayaaz ul ain), eye trauma (naaq nuk) and all ailments of the eyes.

METHOD OF USE: For 10 nights, at one time, apply the surma, starting with the right eye for 3 or 5 or 7 times (stopping at the right eye). Everytime, dip the applicator in the surma. Note- You can clean the eyes with olive oil.

Surma Tootia – Surma Imam Hasan Askari (as)

Good for eye tearing, vision and dust.

METHOD OF USE: For 10 nights, at one time, apply the surma, starting with the right eye for 3 or 5 or 7 times (stopping at the right eye). Everytime, dip the applicator in the surma.
Note- You can clean the eyes with olive oil.

Surma Anaab

Good for eye pain

METHOD OF USE: For 10 nights, at one time, apply the surma, starting with the right eye for 3 or 5 or 7 times (stopping at the right eye). Everytime, dip the applicator in the surma.
Note- You can clean the eyes with olive oil.

Surma ki Salaai (surma applicator)-Saramchu

This should be made of elephant tusk or made of wood. If it is thick then it will have more surma on it. It is an applicator for all surme.

MEDICINES DELIVERED VIA NOSE

Roghan Banafsha

Violet extract in olive oil. Good for hair growth, stops greying hair and hairfall. It helps in skin problems especially, wrinkles and dullness of skin. If kasni is added to this oil then it is good for fever.

METHOD OF USE:
Males – apply to hair weekly twice.
Females – apply to hair everyday.
Apply to skin for skin problem. It is also food for the dryness and cracking of hands and feet.
If the skin of the hands and feet crack then put two drops of olive oil in the navel- belly button, and these drops should remain there till morning.
For dried and cracked lips apply oil to the eyebrows.
For headache and fever, powder the leaves of kasni and make a dough/paste with the oil and apply to the forehead

Roghan Banafsha

This oil is the treatment for many ailments of the head and nose like migraine, sinusitis, sensitivity, allergy, paralysis, multiple sclerosis, cerebral palsy and Parkinson's disease. Headache from exposure to cold wind (when riding without a helmet on a bike).

METHOD OF USE: to put a drop in each nostril at night.
For skin ailments, apply oil to the affected area.

Roghan Bisbasa

Good for migraine.
METHOD OF USE: To put a drop of this oil in the nostril of the affected side.

Roghan Fijan / Sadaab

Good for all ailments of the ear like decreased hearing, pain, inflammation and sounds coming from the ear. It also cleans the ears.

METHOD OF USE: At night, put 1-2 drops of oil in each ear and plug them with cotton. You may feel heaviness on the ear but this soon disappears.

Roghan Hanzal

Weakness of the teeth, pain and ailments from wind.

METHOD OF USE:
For toothache, to put in the ear of the affected side at night, till the pain disappears.

For weakness of the tooth, at night, put 3 drops in the cavity of the tooth. Dip cotton in the oil and place it on top of the cavity. To remove the cotton in the morning. Repeat this 3 times.

Hanzal Vinegar

For all ailments of the gums- for gum strength, for nerves supplying the teeth and gingivitis.

METHOD OF USE: To apply oil the amount of a chana to the affected gums.

Khale Sadaab

Difficulty in birth *(janzadgy),* delayed milestones *(bachon ki akabmaandgi)*, epilepsy, multiple sclerosis, tongue-tiedness and (kaanon mein awaazon) auditory hallucinations.

METHOD OF USE: To put 2 drops of oil in each nostril every night.
Note- this vinegar causes burning sensation in the ears.

Roghan Marzanjosh

For allergy, sensitivity and specifically good for sneezing.

METHOD OF USE: Every night, put 2 drops in each nostril.

Saut Anbar

Good for muscular strength and increases it.

METHOD OF USE: every night put ½ chana size amount into each nostril.

Roghan Zanbaq

Good for hemorrhoids and ailments of the ear.

METHOD OF USE:
For ear ailments- Every night put 3 drops in the affected ear.
Hemorrhoids- Apply the oil to the affected area.

Roghan Khirdil

Good for ear ache.

METHOD OF USE: To put 2 drops of oil in affected ear and plug it with cotton for 3 days

Saut Kanrash

For cold, coma and good to induce sneezing.
METHOD OF USE: Put oil the size of a wheat grain in the nose.

MEDICINES FOR FEMALE AND FEMALE PROBLEMS

Anison

(Sheer afza) This medicine increases lactation.

METHOD OF USE: 2 teaspoons at bedtime

Kholanjaan

To increase size of the part of the body wherever it is applied

METHOD OF USE: For 40 nights, mix this medicine in olive oil and massage on the part you want to increase in size. After massage, wrap the part with a plastic sheet overnight. You can wash it off in the morning.

Mewa Saru

Jama karne waali dawa.
This medicine will harden the body wherever it is applied.

METHOD OF USE: Every night, mix this medicine with vinegar and apply it to the part you want to harden. Wrap the part with a plastic sheet overnight and wash it off in the morning.

Askhar

Female genital infections
Medicine for female problems like infections (of the genitalia and uterus) and cysts

METHOD OF USE: Boil this medicine (amount found in the container) in a lot of water for 20 minutes. After the water cools down, let the woman sit in this water for half hour.

For the treatment of cysts- take this medicine and boil it with 30 g of Tabasheer Hindi. After the water cools down, let the woman sit in this water for half hour.

For the treatment of infections, when the water cools down, add 30g of honey and one teaspoon of river salt.

For the treatment of itching (khaarish and sooz)- Boil to make half a glass of extract - 20g of kharfa (kulfa) seeds' powder and some honey. Add this to the cooled water.
For excess meat (izaafi gosht) add river salt to the mixture.

*Make sure that the woman can immerse herself till her navel in this tub with this water.

Halba

Uterine adhesions (rehem ka milna/chimatna)

METHOD OF USE: Boil the medicine (amount found in the container) in lots of water for 20 minutes. After it cools, add some amount of Violet Oil (roghan banafsha) or any other oil to this water. Let the woman sit in this water for half hour.

Qurraas

To prepare the uterus for conception After completion of menses, this medicine prepares the womb for conception.

METHOD OF USE: Boil the medicine (amount found in the container) in lots of water for 20 minutes. After it cools, let the woman sit in this water for half hour.
*This should be done at the time of ovulation, one night before intercourse.

Hufariqun

Rehem ka waram
This medicine is for the eggs, lesions inside the uterus and uterine fibroids.

METHOD OF USE: Boil the medicine (amount found in the container) in lots of water for 20 minutes. After it cools, let the woman sit in this water for half hour.

Sunbul Alteeb

Bulky uterus (Rehem ki rutoobat) / white discharge
White discharge, acidic discharge, female infections.

METHOD OF USE: Boil the medicine (amount found in the container) in lots of water for 20 minutes. After it cools, let the woman sit in this water for half hour.

Irsa

Uterine pain
This medicine relieves uterine pain.

METHOD OF USE: Boil the medicine (amount found in the container) in lots of water for 20 minutes. After it cools, let the woman sit in this water for half hour.

Lauz
Fiber womb
This reduces the infection of the uterus.

METHOD OF USE: Boil the medicine (amount found in the container) in lots of water for 20 minutes. After it cools, let the woman sit in this water for half hour.

Abhal
To regularize periods
This medicine is used to regularize irregular periods.

METHOD OF USE: Use 2 teaspoons every night, 5 nights before the onset of menses. If the date of menses is unknown, whenever it is possible, you can start the medicine. Use it for 3 months.

Sumaaq Rumi
Medicine to stop menorrhagia- abnormal uterine bleeding.
Stops excessive uterine bleeding and bleeding from all parts of the body.

METHOD OF USE: Mix the medicine in 5 glasses of water and keep it under the sky overnight. Boil for 20 minutes in the morning. Sieve the water and store in a jar. Drink half a glass every morning at breakfast.

Zarjeer
Medicine which increases female libido
Female lack of libido and weakness and looseness of the uterus (weak contractility of uterus).

METHOD OF USE: For lack of libido, one teaspoon at night.
For naazai, from 7th day of period to 14 th night, use one teaspoon and then late on the 14th night, have intercourse.

Teen Feel
Medicine for male sexual weakness

METHOD OF USE: For sexual weakness, use one teaspoon every night.
To have a child, the male is to use one teaspoon from the 7th day of the female's menstrual period to the 14th day and have intercourse late night on the 14th day.

Cowar
This increases the sperm count in males.
It also increases the body weight.

METHOD OF USE: For sexual weakness, take one teaspoon every night.
To have a child, the male is to use one teaspoon from the 7th day of the female's menstrual period to the 14th day and have intercourse late night on the 14th day.

Kasni
To increase male sexual energy Increases the chances of pregnancy. Helps in getting a male child if the husband consumes it.

Medicine for the digestive system and hearing problems
Clears up the liver
Improves circulation
Treats SAFRA

METHOD OF USE: For sexual strength, one teaspoon every night.
To have a child, the male is to use one teaspoon from the 7th day of the female's menstrual period to the 14th day and have intercourse late night on the 14th day.

Karawiya
Prolonging erection

METHOD OF USE: Use one teaspoon, 2 hours before intercourse. Dose can be increased if need arises.

Jazar
Erectile dysfunction

METHOD OF USE: Use 2 teaspoons at night

Asfarza
Medicine to reduce libido in both male and female and to reduce body heat.

METHOD OF USE: Use 2 teaspoons at night

CYSTS / TUMORS – Tabasheer Hindi

Throat cyst

Tabasheer Hindi + Daarwi Imam Musa Kazim - mix
Tabasheer Rumi + Anjidaan Rumi – mix
METHOD OF USE: Use this medicine in 3 stages- once a day every 3 days (3 times- Day1,4,7)

Brain cyst

Marzanjosh or Sadaab – boil 2 teaspoons in 2 glasses of water until it becomes 1 glass. Add 1 teaspoon of Tabasheer Hindi to this and drink it. Put a drop of this mixture into the nostrils.

Thyroid cyst

Marzanjosh – boil 2 teaspoons of this in 2 glasses of water until it becomes 1 glass. Add 1 teaspoon of Tabasheer Hindi and drink the mixture.

Laryngeal cyst

Mix 1 tablespoon of Tabasheer Hindi in one glass of honey water and drink it.

Mouth and gums cyst

Tabasheer Hindi + pomegranate juice

Breast cyst

Tabasheer Hindi + Saunf water + Anison

Lungs cyst

Boil 2 teaspoons of saunf in 2 glasses of water till it becomes 1 glass. Add one teaspoon of Tabasheer Hindi to this add drink it

Armpit cyst

Boil 2 teaspoons of saunf in 2 glasses of water till it becomes 1 glass. Add one teaspoon of Tabasheer Hindi to this add drink it

Spleen cyst

Mix 1 tablespoon of Tabasheer Hindi in 1 glass water of watercress and drink it.

Urinary bladder cyst

Tabasheer Hindi + kasni water

Kidney cyst

Tabasheer Hindi + Aab Turb / Aab Sadaab + Jamia Imam Ridha (as)

Cyst between liver and kidney

Tabasheer Hindi + Sadaab water / Kasni water

Cyst of the gastrointestinal tract

Tabasheer Hindi + water which has been cooled after it is warmed + honey

Liver cyst

Tabasheer Hindi + kasni water + sadaab water – boil all these

Gall bladder cyst

Tabasheer Hindi + senna water

Intestinal cyst

Tabasheer Hindi + pure honey

Uterine cyst

Azqar + Tabasheer Hindi – Patient should sit in the tub holding the medicine

Ovarian cyst

Tabasheer Hindi + Aab Tuqm Shahi Tabasheer Hindi + Azqar

Testicular cyst

Tabasheer Hindi + Yellow carrot juice

Joint cyst

Tabasheer Hindi + Aab Turb / Saraab

Body with many cysts

Tabasheer Hindi + Aab Turb / Saraab

Cysts outside the body

Tabasheer Hindi + Honey water
Tabasheer Hindi + kapaas seeds with vinegar

SAWIQ

Sawiq is nutrition for *behshat* and it is gift from Angel Gabriel (peace be upon him) for humans.

Imam Sadiq (as) said, sawiq has been prepared according to inspiration (*wahi*) from Allah. It is the food of the messengers of Allah and it is the best food.

Imam Jafar Sadiq (as) said, the best *sehri* is sawiq and dates.

What is sawiq made from:

1. Wheat
2. Barley (*Jau*)
3. Rice
4. Masoor ki dal (*adas*)
5. Chane (*nuqud*)
6. Almonds
7. Sanjad
8. Kaddu
9. Apple
10. Bajra
11. Almond and ….

How to prepare sawiq?

Whatever sawiq you are making, first grind that into a powder. Then on a low fire, heat the powder in a pan until the color changes a bit- make sure that it does not burn and also make sure that it does not remain uncooked.

SAWIQ *JAU* (BARLEY WITH HUSK)

Roast the barley powder on the pan, so much so that the color changes a bit.
Eat 2 tablespoons before food by soaking with the saliva in the mouth, with no water.
With this, people with *saudai, safrawi and balghami* temperaments, sweetness of blood in diabetes and weakness of body are treated-
Well-being of the newborn and *nawzaad ki salaamati aur farzandaan ki rushd ka baaiz hai.*

This sawiq gives a lot of strength. It makes the bones strong. It increases a person's height. It prevents and is the treatment of osteoporosis. It is treatment for *bursam*. If you use it as breakfast, it makes you lose weight, without weakness.
If 2 tablespoons are used before each meal, it reduces the need for diabetic medication and insulin.
It will strengthen the baby if taken in pregnancy
Zaat al janab (pleurisy) ko ba taraf karta hai

SAWIQ RICE

Wash the rice well and dry it in the sun, then grind it, or
wash the rice well, dry it and put it in the pan and heat it so that it gets cooked from inside- then grind it and use.
Used to stop diarrhea (*peshis*), opens up the intestines. If there is *peshis* then use with cow's *ghee*. For those who have become weak and fatigued from illness, this is excellent for their bones and weight gain and overall health.

SAWIQ *GANDUM* (WHEAT)

Heat wheat flour on low fire in a pan, so much so that is changes color. Heat the wheat husk separately since this gets done faster than wheat.
This is for strength, weight gain, increasing sexual power, increasing height, increasing bone strength.
If taken with sugar then it is responsible for reduced sexual desire.

SAWIQ *ADAS (MASOOR KI DAL)*
All the various forms of *adas* are all beneficial but the best is the red one (*sabz rang*).
Firstly, crush them coarsely till they are crushed in half and then heat them so that they are cooked from inside, and then grind them- or else you can grind them then heat them.

This gives a lot of strength, reduces thirst and gives strength to the gastrointestinal tract.
It stops *safra,* cools the internal body, reduces sexual desire, stops bleeding in internal body parts and also stops bleeding which doesn't stop in menstruating women. And it the cure for 70 ailments.

SAWIQ *SANJAD*
This gives strength and power to the body growth. Strengthens bones. Epistaxis-*Nakseer ko rokta hai*. Increases milk in lactating mothers.

SAWIQ *NUQUD (CHANE)*
This gives strength and power to the body. Good for lower back. It cures sexual difficulties and weakness. It enhances/improves voice and all voice forms.

SAWIQ *SAIB* (APPLE)
Removes epistaxis *nakseer (dimaag ke khoon)* from the brain.
Curative in snake and scorpion bite.
Removes all toxins from the body eg toxins from addictive drugs.
Removes toxins resulting from general chemical usage from our body, which have settled in our body.
Finishes the effects of chemicals from our body.
Cures fever.

SAWIQ *BADAAM* (ALMONDS)
Full of nutrients and increases body weight.

SAWIQ E KAAMIL- MURAKKAB (MIXTURE) OF ALL SAWIQS
Gives strength and power and gives all the benefits of all the sawiqs.

SAWIQ E KODUK- SAWIQ FOR CHILDREN
This is sawiq e kaamil but it is ground more to make it a finer powder. It has to be mixed in milk and given to children.

SAWIQ SHASTA
If you wash the sawiq, this is used to increase the strength of the legs.

SAWIQ JAUSHASTA
This sawiq has to be washed 6 times in cold water. When the sawiq settles down at the bottom of the vessel then the water has to be drained and the 7^{th} water should be hot water. Then this should be dried.
It is good for strengthening the legs, fever and diabetes.

How to wash sawiq?
If you take any sawiq, you have to wash it for 3 or 7 times. You can use the help of a cloth for sieving. This way the extract will separate from the sawiq. Whatever is left after 3 and 7 times washing, should be used after drying. This is rich in vitamin B.
Sawiq of *jau* and wheat should be washed 7 times.

How to eat sawiq?

To have 2 tablespoons of dry powder before breakfast or in the morning sometime. But if the quantity and time is specified for a specific sawiq then that instruction should be followed.

You should NOT drink water for 2 hours after eating sawiq!

If a patient has fever, then he/she can use the sawiq as food.

According to your taste, you can add salt or sweet to your sawiq.

For children, sawiq should be used in milk

If the sawiq is moist, it can be used with sugar to quench thirst.

If the sawiq is dry and it is taken with sugar, then it will cause the body to become fat and sexual strength to decrease.

Sawiq adas should be used more and can be taken as a meal too.

If sawiq is used with olive oil, then one's face and skin will become soft and beautiful and *afzaaish jamaa ka baais hai*, but it care should be taken that olive oil should not be warmed.

Sawiq can be taken mixed with honey, jaggery, milk, *tabarzad*.

It is more nutritious if sawiq jau and wheat are taken together.

Sawiq can be taken in any age group- from birth till old age.

For small children, little quantity of sawiq should be mixed with more quantity of milk.

For those who get tired easily, use of sawiq is curative in 2-3 days, inshallah, but the condition is that the sawiq should be made in the proper way.

For men, sawiq should never be used with sugar, for this will decrease their sexual energy.

Sawiq can be taken dry or moist.

The best sawiq is of jau and wheat.
The hust and grain of both wheat and jau- all 4 should be taken in equal quantities (*masaawi miqdaar*) and they should be roasted separately till their color changes. The husks will get done faster in ½ hour and the grain in approx 2 hours, that is why husk and grain should be separately roasted.

If it is taken with honey or other things, its effectiveness will lessen.

If you want to increase your weight, then you should have sawiq wheat with its husk.

The best time to have sawiq is in breakfast and the best form is to have it dry. But it can also be taken with honey, dates and oil but its effect will reduce.

Imam Ridha (as) was offered sawiq which was soaked in water/oil and he returned it. He said that if sawiq was *aagsata* (soaked in water/oil) then it does not possess the qualities of sawiq which is dry. If sawiq reaches the stomach dry then this reduces the ailments arising from too much water in the body (*rutoobaton ko kharij karta hai)*.

It is not allowed for men to take sawiq with sugar. Before a man and woman have intercourse, it is recommended for both of them to have sawiq. It is also recommended that pregnant woman should have sawiq to have a healthy, strong boned baby.

Signs of a good sawiq:

Whenever the sawiq is consumed, it gives a feeling of heat, as if it was just made.

MEDICINES AND HOW TO USE THEM

Dastoor Teen

For increase in Rih- wind in body and rheumatism.

METHOD OF USE: Boil the medicine in the container, one fistful of methi seeds and dry figs in 2 glasses of water. Sieve the mixture. Drink it everyday in a glass of wate

Dastoor Jawz

Treatment of haemorhoids and Rih-wind in the body. It removes facial wrinkles. It increases the intestinal villi. Strengthens the eyes and warms the kidneys (stops proteinuria and prevents from the shrinking of the kidneys).

Separately grind 100g of walnuts and 100g of zaniyaan and then mix them. Have one teaspoon at breakfast. (the walnut cover should be removed freshly every time)

Dastoor Royal Jelly

Sartaan, sexual weakness and infertility

METHOD OF USE: take 3g of royal jelly and mix with ½ kg of pure honey. Use one teaspoon of this morning and evening with 7 black seeds (kalonji).

Senna Makki and Rose

This is the treatment of all ailments METHOD OF USE: Boil two teaspoons each of senna and rose petals in one glass of water and then put it to simmer. Use one glass of extract over 3 days.

Dastoor Khurasht Zair Baja

This is taken after Ibn Bustam to make it effective.

METHOD OF USE: Cook pigeon meat/ goat meat- rt side of the front part of the goat (fore-quarter), with mewa jaat- especially plum, saffron and masala jaat- like cinnamon and clove. Other than this you can use honey or sugar and cook the meat in mustard oil and eat it.

Dastoor Azfar

Treatment for sciatica and pains

METHOD OF USE: To trim the nails of the fingers and toes and to stick these for 3 days over the place where it pains .

Dastoor Sakeen

Inflammation of the joints
This is a treatment for inflamed joints and cancer
METHOD OF USE: Using a knife, slide it over the affected area without touching the skin (as if buttering a bread) and read this dua. ***

After this procedure, bury the knife underground.

Dastoor Waram

Cancer medicine
Mix 30 g royal jelly in ½ kg honey. Eat one teaspoon of this with 7 black seeds (kalonji) and 7 apple seeds.
Surah Hashr, last 4 ayaat- repeat 100 times

Nusqa for Sexual Energy

For healthy sperm and good ejaculation

Cook diced white onion in olive oil on low heat and then add country egg to this. To be consumed by the male from the 7^{th} day of menses to the 13^{th} day. To have intercourse on the 14^{th} night.

The male should also consume one glass of milk with honey added to it.

Both male and female should consume one teaspoon of the following at breakfast with added 7 black seeds- 30g of royal jelly in “neem” kg honey.

After jamma’

Nuska to reduce excessive hair

Firstly, epilate the hair. Then rub baquila on that place.

Dastoor for Aab e Nisaan

Stops pain in the vessels, bones and all parts of the body from its root.
Very good treatment for infertility, female infertility and male infertility.
It improves sexual energy and you can determine the sex of the child.
Beneficial for headache.
For pain in the eyes', put some drops in the eyes and then eat something, then apply the medicine around the eyes.
Gum health is very much improved after cleaning the gums with this. It causes fragrant breath.
It stops the onset of paralysis and eructations.
It stops abdominal pain, low back pain, aching of the teeth, stomach ache and stops inflammation of the liver- so much so, that one does not need to get hijama (cupping) done. It stops the pain of hemorrhoids, itching and dawangi and leprosy, cerebral palsy, epistaxis, dryness of the stomach (mede ki turshi), blindness, dumbness and tongue-tiedness, paralysis, glaucoma (aab e siyaah) and stops the waswasa of jinn and shaitaan.

METHOD OF USE: Aab e Nisaan should be taken morning and evening for 7 days.

Dastoor for neck arthritis

For 3 nights, sleep on a hard surface without a pillow. And if there is no improvement, then get simple hijama and then turn and see their hijama blood.
Remove the nails of all 20 fingers and toes and place them on the place of pain for maximum of 3 days.

Dastoor bars (vitiligo)

In one week, eat beetroot leaves and baby cow's (less than 2 years) meat as a meal, at least twice a week. As dinner, for 2 weeks, have mash ka aash- shorba.
Do not eat in between meals and do not eat until you are hungry.

Dastoor for heart strength

Cook sheep meat in cow's milk. Put the meat in a vessel and place it over a fire and pour cow's milk over it. Eat every 3rd day at breakfast.
Drink one glass of quince juice every morning. Better still to eat the fruit if available.
Fast during the day.

Dastoor for shuwaid asl

Medicine for anxiousness and depression, frightfully getting up from sleep. menstrual pain, and regulation of the menstrual cycle. Severe anemia (thalassemia). Edema of the hands and feet.

METHOD OF USE: Cook shuwait in water and mix one teaspoon of honey to the extract. Use once a week for 3 weeks.

Dastoor dosin – for all diseases

Use one teaspoon of honey with 7 seeds of kalonji every morning

Dastoor chillah Asphand

For sciatica and infection. Increases energy.

METHOD OF USE: At breakfast, take 21 seeds of asphand and rub them on the palm with the thumb and eat with water. Do this for 40 days.

Dastoor for tongue-tiedness

Mix momiyai with extract of kushiodaar patti- (malethi)

Dastoor siksika (hiccup control)

Take one grain size (wheat) of momiyai and cook with Tuqm Karfas. Put drops of this in the nose.

Dastoor mirgi (epilepsy)

Momiyai for treatment of tashanj. Mix momiyai with marzanjosh extract.

Dastoor Azm ul baali (old bones)

Treatment for fibrosis resulting from old healed wound ie keloid.
Rub old bone for many days on the wound or powder the old bone and add it to olive oil and rub it on the wound.

Dastoor aab haft josh

Good for fever accompanied with extreme weakness. It gives strength.

METHOD OF USE: Boil water and after it cools down, then again boil it in another vessel. After this cools down, drink like water.

Dastoor ghalbatul bowl

Increased frequency of urine at night.
Dua Saad Kufi Zafraan and dua for increased frequency of urine.

Dastoor abwaab ul ibl (Camel Urine)

Treatment for shortness of breath, black cough (epidemic) and coronary vessels' blocks.

METHOD OF USE: For 3 meals a day for 3 days, drink one glass of fresh warm wild camel's urine after meals and lastly each day take one glass of camel milk.

Dastoor Harz Hamraah

Treatment of black magic affected patient.

METHOD OF USE: Keep the haraz in a pure place on their body all the time. It is important to be in a pure state at all times.

Dastoor Baqoor Maryam

Good for epilepsy and jinn affected patient.

METHOD OF USE: Put the baqoor in small quantities over fire and put the patient in a closed place with the burning baqoor for 20 days.

How to write and eat Dua

This is a treatment of most ailments. To write the dua with saffron soaked water in a specified manner.
Otherwise, If it is not specified, then mix honey with saffron and write the dua with a wooden stick on a clean vessel and to wash the dua off and drink that water.

Darman taskeen dard

This dua is for all the external and internal (organ) body pains.

METHOD OF USE: To place the hand on the area that hurts and

"aiyuhal waj 'u – uskun bi sakeenatillah wa quir bi wa qaarillahi wa inha zij bi haaji zillahi wa ihda' bi had illahi oo'izuka aiyuhal insaanu bi ma a'aazallahu azza wajallah bihi arshahu wa malaaikatuhu yaumar rajfati waz zalaazil"

Read this dua 7 times or at least 3 times

Treatment of headache

In the bathroom, put a handful of water on the head for 7 times and everytime take Allah's name and then open up the palms for dua infront of the face and read these:
Surah Hamd, Tauheed, Nas, Falaq
Then rub the hands on your face.

DIFFERENT TYPES OF TEAS

Tea Baadranj Bui

This is Imam Ali's favorite tea. It is tea with a hot temperament. It increases the blood pressure in patients with a hot temperament. It increases white blood cells. Makes blood, creates happiness (nishaat awar). It is very soothing tea. It is a treatment for noises coming from the ear. It promotes good sleep. Treatment for the ailments of the kidney, bad dreams and bad breath.

METHOD OF USE: Put one teaspoon in a kettle and leave to steep for 15 mins. You can add sugar/lump sugar for sweetness.

Tea Saffron

This has warm and dry temperament. It gives strength to the heart and liver. It gives to mental ability. It promotes good humurous mood. It prevents tooth decay. It cleans the kidneys and stops cough and promotes happiness.

METHOD OF USE: Put some saffron in a kettle and leave to steep for 15 mins. You can add sugar/lump sugar for sweetness.

Tea Sumbul Alteeb

This has a warm temperament. Relieves epigastric muscular pain (zid calonj), muscular spasm, tremors/shivers (zid tashanuj), epilepsy, sexual strength, strengthens the muscles, and promotes good sleep.

METHOD OF USE: Nine spoons of this tea and add honey and 2 glasses of cold water.

Tea Darchin

This has a warm and dry temperament. It promotes good joint (asaab) function. Cleans the kidneys. Removes wetness from wounds. Causes happiness. Increases sexual strength. Reduces worry and anxiety. Stops bad breath. Strengthens the liver and stomach.

METHOD OF USE: Add some solid sticks to 3 glass of cold water. Can add a small amount of honey.

Tea Zanjafeel

This has a warm and dry temperament. This immediately raises the blood pressure. Removes the weakness of the joints (asaab). Improves mental ability. Reduces the frequency of urine. Treats the wetness (rutoobath mizaaj-zid balgham and safra??. Makes blood. Improves joint pain. Improves sexual strength. Improves digestion. Removes the toxins from ingested food. Strngthens the stomach. Promotes relazation. Increases a person's intrinsic strength or vital energy.

METHOD OF USE: put this tea in a kettle with 3 glasses of cold water and some honey.

Tea Aaweeshan

This tea's rtemperament is moderate. It increases the blood pressure. Improves nerve functiom. Treats the chronic conditions of the large intestines. Cleans the kidney. Kills the gut parasites/worms. It treats the wetness of the body (rutoobath), safra and common cold. It treats difficulty in breathing and cough. It reduces the thickness of blood. Improves appetite. Improves digestion and vision.

METHOD OF USE: put this tea in a kettle with 3 glasses of cold water and a little honey.

Tea Marzanjosh

This tea's temperament is warm. Patton ke liye aaram baksh. Treatment for migraine and headache.
Helps removing the gas from the stomach. It removes the cold things from the body and those things which cause harm. Treatment for diarrhea. Stops fever. Promotes sleep. improves appetite.

METHOD OF USE: put this tea in a kettle with 3 glasses of cold water and a little honey.

Tea Gazna

This tea's temperament is warm and dry. This is the treatment for thick blood. Treatment for fatness, safra, cancer, bleeding and diabetes. Removes gall stones. It increases lactation. Removes tiredness. Treatment for lung problems. Stops hairfall.

METHOD OF USE: Put this tea in a kettle with 3 glasses of cold water and a little honey.

Tea Nana

This tea's temperament is moderate but it is on the warm side. Treatment for diarrhea, vomiting and gas of the stomach. Stops bad breath. Relaxes the intestines. Removes tiredness. Treats difficulty breathing, cough and improves lung function. Removes gall stones.

METHOD OF USE: Put this tea in a kettle with 3 glasses of cold water and a little honey.

Tea Chaltook (rice)

This has a warm temperament. Full of vitamins. Stops hairfall and premature hair whitening. In females, it stops chronic constipation.

METHOD OF USE: Put this tea in a kettle with 3 glasses of cold water and a little honey.

Tea Unaab

Relaxing. Stops fever. Improves appetite. Stops bleeding. Gives strength and cleans the blood and regulates the heart beat. Use for insomnia. Stops nighttime sweating. Softens the chest. Promotes sleep. patton ko aaraam baksh ti hai. Improves voice quality and clarity. Stops chest pain and cough.

METHOD OF USE: Put this tea in a kettle with 3 glasses of cold water and a little honey.

Tea Murza

Increases appetite. Anti-flatulance, anti-inflammatory, anti-prostate, antimicrobial. Reduces pain. Enemy of neuropathic pain (patton ka dard), reduces the softness of bones (rickets). Strengthens the stomach. It treats the ulcers of the intestines. Reduces blood fat and weight.

METHOD OF USE: Put this tea in a kettle with 3 glasses of cold water and a little honey.

Tea Raziyana

This tea's temperament is warm and dry. It increases lactation. Improves appetite. Gives strength to the body. Anti-flatulence. Treats difficulty in breathing and asthma. Strengthens the mind. Makes the blood thin. Treats arthralgia.

METHOD OF USE: Put this tea in a kettle with 3 glasses of cold water and a little honey.

Tea Pona

This tea's temperament ids moderate and a little warm. Enemy of diarrhea, vomiting, gases. Strengthens the stomach. Stops bad breath. Relaxes the intestines. Remedy for lung problems including asthma. Anti-cough. Reduces the effects of safra.

METHOD OF USE: Put this tea in a kettle with 3 glasses of cold water and a little honey.

Tea Black Zeera

This has a very warm temperament. Increases the blood pressure. Reduces body fat. Cleans the blood. Strengthens the heart and vessels. Cleans the kidneys. Prevents yellowness of the skin. Increases lactation. Anti-gas and makes the stomach strong. Alleviates the discomfort of the intestines.

METHOD OF USE: Put this tea in a kettle with 3 glasses of cold water and a little honey.

Tea Ba-Safarjal

Strengths in heart, stomach, liver and patton. Reduces stress and is relaxing. Regulates blood pressure and cholesterol. Stops bad breath. Protects from runny nose and flu. Reduces old headaches. Promotes digestion. Improves blood count and weight.

METHOD OF USE: Put this tea in a kettle with 3 glasses of cold water and a little honey.

Tea Zanyaan

This tea has a warm and dry temperament. Anti-spasmodic, and relives pain. Removes stomach and liver problems. Treats cough and laryngeal problems. Improves joint pain. Treats infections.

METHOD OF USE: Put this tea in a kettle with 3 glasses of cold water and a little honey.

Tea Baboona

This tea's temperament is moderate and a little warm and dry. Treats diarrhea and vomiting. Strengthens the stomach. Anti-flatulent. Stops bad breath. Relaxes the intestines. Reduces pain and difficulties of the vessels. Relieves cough, difficulty breathing and asthma. Treats diseases arising from safra. Reduces fatigue. Relaxes and strengthens the patton, stomach, intestines and brain. Stops constipation. Treats balgham and safra. Cleans the kidneys in the best manner.

METHOD OF USE: Put this tea in a kettle with 3 glasses of cold water and a little honey.

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